**Claims**

1. Individual eyeglass lens, comprising

- an area designed for seeing at greater distances, in particular into the infinite, hereinafter referred to as the far part,

- an area designed for seeing at shorter distances and especially reading distances, hereinafter referred to as the near part and

- a progressive zone arranged between the far part and the near part where the effect of the eyeglass lens increases from the value at the far reference point located in the far part, hereinafter referred to as the far value, to the value at the near reference point located in the near part, hereinafter referred to as the near value, along a curve running toward the nose, hereinafter referred to as the main line, whereby

- the vertical distance from the near reference point to the far distance point amounts to max. 18 millimeters,

- the progressive length is max. 14 millimeters,

- the main progressive length is max. 10 millimeters and

- the increase in refractive index, starting from the effect of the eyeglass lens at the far reference point up to a point 2 millimeters below the centering point amounts to less than 10% of the addition and

the progressive length corresponds essentially to the vertical distance between the far reference point and a point essentially on the main line at which, starting from the far reference point, the value of the effect of the eyeglass lens corresponds the first time essentially to the near value.

2. Individual eyeglass lens as claimed in Claim 1, wherein

- the location of the minimal astigmatism is not on the main line but instead in the periphery, either nasally or temporally,

- the astigmatism on the main line amounts to more than 0.5 diopter and

- the astigmatism is distributed completely asymmetrically with regard to the main line.

3. Individual eyeglass lens as claimed in any one of the preceding claims where

- the surface astigmatism amounts to more than 0.5 diopter at all points along the main line,
- the vertical distance from the near reference point to the far reference point is at most 14 millimeters,
- the progressive length is at most 12 millimeters,
- the main progressive length is at most 8 millimeters,
- the increase in refractive index 3 millimeters below the centering point amounts to less than 10% of the addition, the addition being achieved 2 millimeters above the near reference point and
- then the refractive index is stable, i.e., almost constant at least over a length of 4 millimeters.

4. Individual eyeglass lens as claimed in any one of the preceding claims wherein the surface having the increase in effect is the surface facing the eye.

5. Use of an individual eyeglass lens for correcting a user's optical vision defect, comprising

- an area designed for seeing at greater distances, especially into the infinite, hereinafter referred to as the far part,
- an area designed for seeing at shorter distances and especially reading distances, hereinafter referred to as the near part and
- a short progressive zone located between the far part and the near part where the effect of the eyeglass lens increases from the value at the far reference point situated in the far part, hereinafter referred to as the far value, to the value at the near reference point located in the near part, hereinafter referred to as the near value, along a curve running toward the nose, hereinafter referred to as the main line, whereby
- the vertical distance from the near reference point to the far distance point is max. 18 millimeters,
- the progressive length is max. 14 millimeters,
- the main progressive length is max. 10 millimeters and

- the increase in refractive index, starting from the effect of the eyeglass lens at the far reference point up to a point 2 millimeters below the centering point amounts to less than 10% of the addition and

the progressive length corresponds essentially to the vertical distance between the far reference point and a point essentially located on the main line, in which, starting from the far reference point, the value of the effect of the eyeglass lens essentially corresponds the first time to the near value.